

PENALTIES DOCUMENT

THE
HYBRID
GAMES



#bringyourhybridgame

TIMING SYSTEM



HOW THE TIMING SYSTEM WORKS

The Hybrid Games uses the same professional timing hardware, software and ankle-worn timing chips used at every HYROX event (Race Result Timing).

Each athlete wears an electronic timing chip on their ankle. As they cross designated timing points throughout the course, their chip is automatically detected, accurately recording split times and overall race time.



Unlike traditional races, The Hybrid Games records every run and every workout, giving athletes detailed split data throughout their race.

HOW SPLITS ARE CALCULATED



1 FIRST RUN

Your opening run begins when you cross the Start Line and finishes when you enter your first exercise area after completing the required laps.



2 EXERCISE TIME

Each exercise time starts when you cross into the exercise zone and ends when you leave that station.

EXAMPLE:

- Air Bike time begins when you enter the Air Bike area.
- Air Bike time ends when you exit the station.



3 SUBSEQUENT RUNS

As soon as you leave a station, your next run begins.

That run finishes once you cross into the following exercise zone after completing the required laps.

This process repeats throughout the entire race.



4 FINAL RUN & FINISH

After exiting the final exercise station, your last running split begins.

Once you cross the Finish Line, the system records:

- ✓ Final run time
- ✓ Overall race time
- ✓ Official finishing position



TIMING POINTS

Your timing chip records every time you cross a timing mat, including:



START LINE



EXERCISE ENTRY ("IN")



EXERCISE EXIT ("OUT")



FINISH LINE

Each crossing creates another timing split that contributes to your overall race data.

MANUAL PENALTIES

The timing system records where athletes are throughout the course, however it does not judge movement standards or competition rules.

If an athlete:

- Misses an exercise
- Performs exercises out of order
- Fails to complete the required laps
- Receives a competition penalty

The Head Judge will notify Timing Control, who will manually apply the appropriate penalty to the athlete's result.



These manual adjustments may affect:

- Split times
- Overall finishing time
- Final leaderboard position

IMPORTANT TO REMEMBER



Wear your timing chip securely throughout the race.



Never remove or swap your timing chip.



Cross every timing point correctly.



Always complete the full course and stations in the correct order.



Any penalties issued by the judging team will be manually applied to your official result.

TIME PENALTIES

The following infractions will result in a time penalty added to the team's final time:

- **Missing a Lap:** A **4-minute penalty** will be added for each lap missed.
 - **Wrong workout order:** A **90-second penalty** will be added for each station completed out of the specified order.
 - **Swapped transition in/out:** A **2-minute penalty** will be added for each instance of a swapped transition.
 - **Unsavory or Unsportsmanlike behaviour:** First offence of unsportsmanlike or unsavory behaviour, such as spitting, nose clearing, or littering, will result in a **2-minute time penalty**.
 - **Doubles not running together:** A **2-minute penalty** will be added if doubles partners are not running together. A **20-second time block** will be provided for each partner to transition between the in/out gate and the stations.
 - **Starting a station without your doubles partner:** A **2-minute penalty** will be added if an athlete begins a station before their partner has joined them.
 - **Leaving a station without judge approval:** A **2-minute penalty** will be added for leaving a station before receiving approval from the judge.
 - **First offence of stepping out of the designated station area:** The first instance of stepping outside the designated station area will result in a **warning**.
 - **Second offence of stepping out of the designated station area:** A **30-second penalty** will be added for a second instance of stepping out of the designated station area.
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OTHER INFRACTIONS

- **No timing chip:** An athlete who races without a timing chip will have their results recorded as **"Did Not Start"**.
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DISQUALIFICATION

The following infractions will result in immediate disqualification from the competition:

- **Missing a station or an entire run:** All stations and runs must be completed.
- **Only one doubles athlete completing a run:** Both doubles partners must complete all runs together.
- **Swapping athletes:** The athletes who start the competition must be the same ones who finish.
- **Racing under someone else's name:** All participants must race under their own name.
- **Racing in an unassigned wave without prior permission:** Competitors must race in their designated wave unless an exception is approved by an event official beforehand.
- **Abusive behaviour or language:** Any abusive behaviour or language will result in immediate disqualification.
- **Excessive unsportsmanlike or unsavory actions:** Following a first offence time penalty, a second incident of inappropriate behaviour – for example, spitting, clearing nose, or littering – will lead to disqualification.



1. AIR BIKE

- **Pedals Moving During Transition:** A **warning** will be given for the first offence. A **1-minute penalty** will be issued for a second offence.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must remain behind the bike at all times. Stepping out of this area will result in one **warning** for the first offence and a **30-second penalty** for the second.



2. WALL BALLS

- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must stay in the designated area. Stepping outside of this area will result in one **warning** for the first offence and a **30-second penalty** for the second.
- **Passing the Ball:** A **warning** will be given for the first incident of passing the ball to your partner. Subsequent incidents will incur a **30-second penalty**.
- **Movement Standard Violations:** Violations of key movement standards (as detailed in the Movement Standards Document) will result in a **no rep**.



3. ROW

- **Damper Adjustments:** The damper may be adjusted before the workout begins. Once the workout has started, only one adjustment is permitted. Any further adjustments will incur a **30-second penalty**.
- **Passing the Handle:** A **warning** will be given for the first incident of passing the handle to your partner. A second incident will result in a **30-second penalty**.
- **Incorrect Foot Placement:** Failing to place your feet in the footplates before you begin rowing will result in a **30-second penalty**.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must remain behind the rower. Stepping outside of this area will result in one **warning** for the first offence and a **30-second penalty** for the second.



4. BURPEE BROAD JUMP

- **Incorrect Form:** Staggered feet or jumps and any steps or foot shuffles forward or backward during take-off and landing are not permitted and will require a **re-do of the movement**.
- **30 cm Rule:** When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes. Failure to comply will require a **re-do of the movement**.
- **Failure to Clear the Line:** The entire body must clear the end white line. Failure to do so will result in an **extra burpee** to clear the line.
- **Repeated Violations:** After one **warning** for initial violations, a second (or any further) **warning** will result in the athlete(s) being moved back **2 barriers** for singles or **4 barriers** for doubles.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one **warning** for the first offence and a **30-second penalty** for the second.



5. DUMBBELL SNATCH

- **Doubles – Passing the Dumbbell:** A **warning** will be given for the first incident. A second incident will result in a **30-second penalty**.
- **Dropping the Dumbbell:** The first time the dumbbell is dropped during an attempt to move it will result in a “no-rep”. A second drop will incur a **30-second penalty**.
- **Abandoning Above Shoulder:** The first incident of failing to attempt to lock-out below the shoulder will result in a “no-rep”. Subsequent failures will result in a **30-second penalty**.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must stay in the designated zone. Stepping out of this zone will result in one **warning** for the first offence and a **30-second penalty** for the second.



6. SANDBAG LUNGES

- **Dropped Sandbag:** The first time a sandbag is dropped will result in the athlete(s) being moved back **2 barriers** for singles or **4 barriers** for doubles. The second drop will incur a **disqualification**.
- **Back Knee Not Touching the Floor:** A **warning** will be given for the first offence. A second offence will result in a **30-second penalty**.
- **No Knee Full Extension:** A **warning** will be given for the first offence. A second offence will result in a **30-second penalty**.
- **Failure to Clear the Line:** Failure to clear the end white line will result in an **extra lunge** to clear the line.
- **Incorrect Sandbag Placement:** If the sandbags are not placed in the correct box, without immediate re-correction a **30-second penalty** will be applied.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one **warning** for the first offence and a **30-second penalty**.



7. KETTLEBELL FARMER'S CARRY

- **Incorrect Kettlebell Placement:** If the kettlebells are not placed upright in the correct box, a **30-second penalty** will be applied unless the mistake is immediately corrected.
- **Dropping/Throwing Kettlebells:** A **30-second penalty** will be issued for each incident of dropping or throwing the kettlebells.
- **Missed Lap:** A **3-minute penalty** will be issued for each missed lap.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one **warning** for the first offence and a **30-second penalty**.



8. SLED PULL

- **Assigned Lane Violation:** Participants must use their assigned lane. Failure to do so will result in a **30-second penalty**.
- **Sled Not Clearing the Line:** The entire sled must cross the line after each length. Failure to do so will result in a **warning** for the first offence. Subsequent offences will incur a **30-second penalty**.
- **Sled Position at Turnaround:** The sled must finish inside the marked box at the end of the run before you can turn around for the next run.
- **Incomplete Distance:** A **3-minute penalty** will be applied for each missed length.
- **Feet touching/on white line:** If participants feet touch the white lines at the front or back of the box whilst holding the rope they will receive their first **warning**. A second incident will incur a **30-second penalty**.
- **Doubles – Non-Competing Athlete:** The athlete who is not must not touch the rope in anyway or this will incur a **warning**. A second incident will incur a **30-second penalty**.



9. SKI ERG

- **Damper Adjustments:** The damper can be adjusted before the workout starts. After the workout begins, only one adjustment is permitted. Any additional changes will result in a **30-second penalty**.
- **Incorrect Feet Placement:** Failing to place your feet on the platform before you begin the movement will result in a **30-second penalty**.
- **Jumping/Feet Off Platform:** A **warning** will be given for the first incident of jumping or having your feet off the platform during the movement. Subsequent incidents will result in a **30-second penalty**.
- **Passing the Handles:** A **warning** will be given for the first incident of passing the handles to your doubles partner. Subsequent incidents will result in a **30-second penalty**.
- **Doubles – Non-Competing Athlete:** The athlete who is not actively competing must stay in the designated zone behind their partner. Stepping out of this zone will result in one **warning** for the first offence and a **30-second penalty** for the second.



10. SLED PUSH

- **Assigned Lane Violation:** Participants must use their assigned lane. Failure to do so will result in a **30-second penalty**.
- **Sled Not Clearing the Line:** The entire sled must cross the line after each length. Failure to do so will result in a **warning** for the first offence. Subsequent offences will incur a **30-second penalty**.
- **Sled Position at Turnaround:** The sled must finish inside the marked box at the end of the run before you can turn around for the next run.
- **Incomplete Distance:** A **3-minute penalty** will be applied for each missed length.

OTHER INFRACTIONS



- **Banned Items:** Athletes must not possess or use any prohibited item during the race, including headphones, mobile phones, VR headsets, GoPros or body-mounted cameras, or any item not expressly permitted by the Race Director.

A breach of this rule will result in a **5-minute penalty or disqualification**, at the Race Director's discretion.



- **Receiving Items from Spectators:** Athletes must not receive any item from spectators or any person outside the competition area during the race.

A breach of this rule will result in a **5-minute penalty or disqualification**, at the Race Director's discretion.



- **Hygiene:** Athletes must not spit, vomit, defecate or allow blood to contaminate the competition track.

Any athlete responsible for saliva, vomit, blood or faeces on the track will be immediately **removed by the Race Director and disqualified**.
